

# TECHNIQUE CLINIC

## Custom-Fit Plastic Chin Cup

**A**n acrylic chin cup is more comfortable for the patient to wear when it is adapted precisely to the chin. The disadvantage is that the procedure to make these customized chin cups is complicated and time-consuming.

I use a prefabricated chin cup\* made of a hard plastic that is more durable than acrylic and can easily be adjusted to improve fit and feel. Because of the thickness of the material, any painful raised areas can be ground down without compromising the appliance. The following is a simple procedure for custom-fitting the appliance.

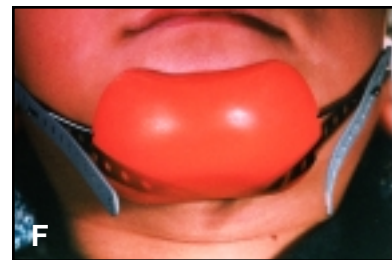
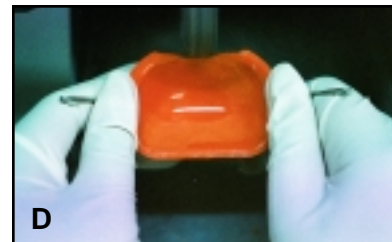
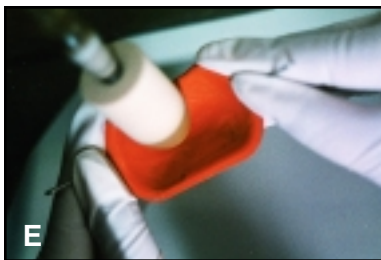
1 Remove the felt lining from inside the cup (it usually peels off easily). This allows customization and also makes the appliance easier to keep clean.

2. Mix a half-scoop of alginate to a paste consistency, and pour it into the chin cup.

3. Place the cup gently over the patient's chin, then press firmly enough that the impression material overflows (A). Keep the chin cup motionless until the impression material sets.

4. Separate the cup from the patient's chin by gently stretching the skin with your finger. High spots inside the cup will be apparent once it is removed (B).

5. Reduce the high spots with a



small round acrylic trimmer (C). Remove the impression material.

6. Trim and round off the upper edge of the cup, so that it rests below the muscle line of the lower lip, to avoid soft-tissue impingement (D).

7. Repeat the procedure until there are no more high spots and the appliance feels comfortable on the patient's chin when pressure is applied.

8. Polish the rough internal surface of the plastic cup with a felt cone (E). Use a small muslin

buffing wheel for the external surface and any rough edges, and polish with tripoli to add final luster (F).



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